

**Our Hearts. Our Choice.**  
Choose to speak up for your heart's health.



## The 2009 Go Red Women



**Rolanda** A heart attack survivor who learned how to cope with stress and thrive.

**Jenna** A 23-year-old bride-to-be who faced risk of heart failure alone while her fiancé was in Iraq.

**Vickie** A daughter determined to not let her family's heart history shape her own.

**Gloria** A busy mother whose choice to listen to her body and heart saved her life.



**Yuki** A daughter whose father's heart transplant transformed their relationship from torn apart to treasured.

**Jennifer** An inspiring woman who loved her heart enough to change her unhealthy lifestyle and mindset.

**Gail** A mother at risk for heart disease whose daughter's pleas led her to take charge of her health and change her life.

**Maria** A Latina mother and wife dedicated to erasing heart disease from her family history and building a healthier life for her family.

**Andrea** A 35-year-old pregnant woman who ignored her symptoms for hours before she realized she was having a heart attack.

Read more about these women at [GoRedForWomen.org/MeetOurWomen](http://GoRedForWomen.org/MeetOurWomen)

## Women Are the Heart of Go Red



*Heart disease is the No. 1 killer of women age 20 and over, but is largely preventable.*

*Heart disease is not just a man's disease. Go Red For Women is dedicated to building awareness of heart disease among women.*

*One in three women has some form of cardiovascular disease.*

*Cardiovascular disease kills approximately 460,000 women per year, almost one per minute.*

*More women die of cardiovascular disease than the next five causes of death combined, including cancer.*

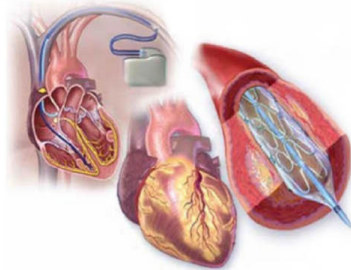
**Go Red For Women hopes that by showing the many faces of heart disease, women can connect with each other and educate and empower themselves to make choices to reduce their personal risk.**

## Choose to Speak Up - ask questions



- What Is Heart Disease?
- Why Is It Important?
- What Have We Learned?
- What Is A Heart Attack?
- Am I At Risk?
- How Can I Prevent It?
- The Heart Of Go Red
- Taking Action With Go Red

## What Is Heart Disease?



Images of Heart Disease

- Coronary Heart Disease
- High Blood Pressure
- Heart Failure
- Valve Disease/Rheumatic Heart Disease
- Diseases of Pulmonary Circulation

## What Have We Learned?



- Factors leading to heart disease can start in young women and develop over time
- Heart disease can strike women at any age
- Healthy lifestyle changes can prevent or postpone heart disease

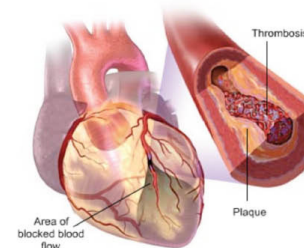
## Why Is It Important?



### The Facts about Heart Disease and Women

- Cardiovascular disease kills about 460,000 women a year
- One in 2.6 women die from cardiovascular disease
- 64% of women who die suddenly from coronary heart disease have no previous symptoms
- 80% of cardiovascular disease is preventable

## What Is A Heart Attack?



### Know the Warning Signs

- Chest discomfort
- Discomfort in upper body
- Shortness of breath
- Cold sweat
- Nausea
- Lightheadedness

If you or someone you are with experiences these symptoms, call 911 immediately.

Even if they recognize the symptoms, women hesitate to call 911, and get to the hospital 40 to 60 minutes later than men.

## Am I At Risk?



If you have any of these risk factors, you are at risk for heart disease.

### Controllable Risk Factors

- High Cholesterol
- High Blood Pressure
- Physical Inactivity
- Obesity and Overweight
- Type 2 Diabetes
- Smoking

### Uncontrollable Risk Factors

- Increasing Age
- Heredity (family history)
- Race (members of some races, particularly African Americans, are at higher risks)

## Your Risk: High Blood Cholesterol



Total Cholesterol Level  
Desirable = Less than 200

Borderline high = 200 to 239

High = 240 and above

About 50% of women have a total cholesterol of 200 mg/dL and above, which puts them at risk for heart disease.

## Your Risk: High Blood Pressure



Normal Blood Pressure =  
Below 120/80

Pre-Hypertension =  
120-139/80-89

Hypertension =  
Above 140/90

About 39 million women age 20 and older have high blood pressure. 28% of people with high blood pressure don't know they have it.

## Your Risk: Physical Inactivity



### Inactive women:

White females – 38%

Black females – 52%

Hispanic females – 54%

Asian females – 41%

All healthy adults ages 18-65 should be getting at least 30 minutes of moderate intensity activity five days a week.

## Your Risk: Obesity & Overweight



### Excess Weight:

- Strains your heart
- Raises blood pressure and cholesterol
- Can lead to diabetes

About 69 million women are overweight and 36.7 million are obese, which greatly increases their risk for heart disease.

## Your Risk: Diabetes



### Complications of Diabetes

- Stroke, TIA
- Blindness
- Heart attack, angina
- Kidney disease
- High blood pressure
- Erectile dysfunction
- Loss of legs or feet
- Nerve disease

People with diabetes are **two to four times more likely** to develop cardiovascular disease.

**7.5** million women 20+ have been diagnosed with type 2 diabetes, **2.3** million go undiagnosed and **24.9** million are pre-diabetic.

## Your Risk: Smoking



### Benefits of Quitting

- Within 1 to 2 years of quitting, your risk of coronary heart disease is substantially reduced.
- Your sense of smell and taste come back.
- A smoker's cough will go away.
- You breathe much easier.
- It is easier to be physically active.
- You are free of "needing" cigarettes.

**20.7** million women age 18 and older smoke, increasing their risk for heart disease.



## What Can I Do To Prevent Heart Disease?



### Choose to take **ACTION** and Lower Your Risk

- Eat a healthy diet low in saturated fat, trans fat, cholesterol and sodium.
- Keep your weight under control.
- Be physically active at least 30 minutes on most or all days of the week.
- Control your blood pressure and cholesterol levels.
- Manage your blood sugar if you have diabetes.
- Get regular medical check-ups.
- Talk to your doctor about a prevention plan and medicines that may be right for you.
- Don't smoke, and avoid tobacco smoke.

## Go Red Women Take Action!



### A woman who Goes Red...

- takes action to reduce her risk of heart disease.
- exercises more frequently.
- has lost weight.
- has had her cholesterol checked.
- modifies her diet to include healthy food.
- encourages others to join Go Red For Women.
- has taken the Go Red Heart CheckUp.

Join **Go Red For Women** at  
**[www.GoRedForWomen.org](http://www.GoRedForWomen.org)** and get your free red dress pin.

## Questions?